

The Most Common of All.
The most common of all ailments from sports of all kinds are sprains and bruises. The most common and surest cure of them is by the use of St. Jacobs Oil, which is prompt in its action.

The Art of Walking.
To be thoroughly graceful long steps and quick short steps should be equally avoided, remarks a French woman. A stiff walk is also very ungraceful, and that is the great fault of English girls. The walk too stiffly and take too long strides.

Spanish women have a very pretty walk, naturally, as also have Italian country girls and all accustomed to carrying weights on their heads.

The French are also very graceful walkers. Study your walk, girls. Take dancing lessons to begin with and then repeat your lessons before your long toilet glass. A pretty walk is a beauty in itself, and every one who will acquire this beauty. Do it, then, at once—now—without losing another day.

Good Blood Makes Health

And Hood's Sarsaparilla makes good blood. That is why it cures so many diseases and makes so many people feel better than ever before. If you don't feel well, are half sick, tired, worn out, you may be made well by taking

Hood's Sarsaparilla
America's Greatest Medicine.

Hood's Pills cure all Liver Ills. 25 cents.

An artist in a New York paper pictured the Vesuvius in action and enshrouded in dense clouds of smoke from her neumatic guns. That artist needs to be informed that the Vesuvius uses only smokeless air in discharging her dynamite guns.

DEAR EDITOR:—If you know of a solicitor or canvasser in your city or elsewhere, especially a man who has solicited for subscriptions, insurance, nursery stock, books or tailoring, or a man who can sell goods, you will confer a favor by telling him to correspond with us; or if you will insert this notice in your paper and such parties will cut this notice out and mail to us, we may be able to furnish them a good position in their own and adjoining counties. Address, AMERICAN WOOLEN MILLS CO., Chicago.

The Maldivive Archipelago, west of Ceylon, embraces 14,000 coral islands, few of which are more than six feet above the level of the ocean and only 175 of which are inhabited.

No household is complete without a bottle of the famous Jesse Moore Whiskey. It is a pure and wholesome stimulant recommended by all physicians. Don't neglect this necessity.

The beautiful colors seen in the soap bubble arise from the fact that the bubble, being very thin, reflects light from the outer and inner surfaces of the film.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 25-cent trial bottle and treatise. DR. R. H. KLINE, Ltd., 200 Arch street, Philadelphia, Pa.

It has been calculated that ordinary gunpowder on exploding expands about 9,000 times, that is, fills a space this much larger as a gas than when in a solid form.

\$100 REWARD \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address, J. C. CHENEY & CO., Toledo, O. Sold by Druggists. Hall's Family Pills are the best.

A farmer near Cottonburg, Ky., has trained a terrier dog to remove the worms from tobacco plants.

"I DO MY OWN WORK."
So Says Mrs. Mary Rochette of Linden, New Jersey, in this Letter to Mrs. Pinkham.

"I was bothered with a flow which would be quite annoying at times, and at others would almost stop.

"I used prescriptions given me by my physician, but the same state of affairs continued.

"After a time I was taken with a flooding, that I was obliged to keep my bed. Finally, in despair, I gave up my doctor, and began taking your medicine, and have certainly been greatly benefited by its use.

"Lydia E. Pinkham's Vegetable Compound has indeed been a friend to me.

"I am now able to do my own work, thanks to your wonderful medicine. I was as near death I believe as I could be, so weak that my pulse scarcely beat and my heart had almost given out. I could not have stood it one week more, I am sure. I never thought I would be so grateful to any medicine.

"I shall use my influence with any one suffering as I did, to have them use Lydia E. Pinkham's Vegetable Compound."

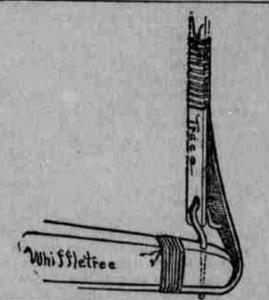
Every woman that is puzzled about her condition should secure the sympathetic advice of a woman who understands. Write to Mrs. Pinkham at Lynn, Mass., and tell her your ills.

PISO'S CURE FOR
GIRLS WHOSE ALL ILLS ARE
FROM
PISO'S CURE FOR
CONSUMPTION

FARM AND GARDEN



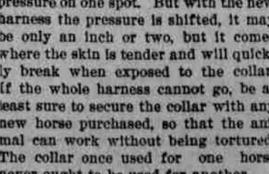
Cultivating in an Orchard.
Young fruit trees greatly need to have the soil about them cultivated. In working about trees, however, the whiffletree is almost sure to bruise the bark, sometimes quite spoiling the tree, unless the greatest care is exercised. The cut shows a neat little device for avoiding this difficulty. A bit of old trace is tied to the whiffletree and car-



ried about its end, as shown. It is then tied to the trace, when it will prevent the whiffletree iron or wood from bruising the bark of any tree it happens to strike. The importance of preventing injury to young trees is recognized by but few. If badly hurt, the tree never fully recovers.

Harnesses to Fit Horses.
Whenever a horse is sold the harness in which it has been used to working ought always to go with the bargain. No two harnesses were ever made to fit alike, and especially where the pressure comes on the shoulder or neck in drawing. The skin under the old harness has been gradually toughened by pressure on one spot. But with the new harness the pressure is shifted. It may be only an inch or two, but it comes where the skin is tender and will quickly break when exposed to the collar. If the whole harness cannot go, be at least sure to secure the collar with any new horse purchased, so that the animal can work without being tortured. The collar once used for one horse never ought to be used for another.

House for Winter.
The cut shows a method of securing great warmth in a house that can be used either for poultry or for the storage of fruit in winter. An excavation



is made in a side-hill, as shown in the first picture. A stone foundation wall is then laid and the house shown in the second illustration erected. Not a great amount of excavating is required, as the earth that is thrown out helps build up the bank that is to protect the house on all sides. A drain laid below the



foundation, and brought around to the south entrance, will take care of the water that comes down from the higher ground.

Late Pigs.
Pigs farrowed during September will get a good start before winter. Late pigs are liable to be checked by severe cold. The most profitable pigs, however, are those farrowed in the spring and slaughtered late in the fall, as they need not be kept over winter. Farmers do not now give much attention to raising pigs farrowed in the fall unless they are patrons of a creamery and have an abundance of material for feeding, which only the pigs will consume.



HOUSE COMPLETE.

The gypsy moth has made its appearance in South Dakota. How it got away from Massachusetts to the far West, instead of spreading over New England and the Middle States, is unknown, but if the work of extermination is not performed faithfully the East will be invaded from a Western direction. The forests of the West will be destroyed and the damage to the entire country will amount to millions.

The Handy Wheelbarrow.
The wheelbarrow is very useful about the stable and garden. For wheeling out manure from the stables the canal barrow, with flaring sideboards, is best, as the manure can be dumped from either side. For the gar-

den, the barrow with moveable side boards is the most convenient. In buying a barrow, select one with a large wheel and with a high front board. A wide-tired barrow can be wheeled over soft ground; a narrow one would cut so deeply as to be almost impossible to move. A canal barrow can be had for \$2.50, and a good garden barrow will cost from \$3.50 to \$4. A strong, well-made barrow, that is carefully built and nicely painted, will answer every purpose, and if carefully housed when not in use will last for many years. It will pay to buy a good one at the start. —The American.

Orchard and Garden.
Look out for the black knot on the plum trees.

Cherry culture is the simplest of all fruit culture.

Wood ashes is a valuable fertilizer for the raspberry.

Worm fruit in the orchard is the best disposed of by sheep.

Cutting of roses may be made as the wood acquires firmness.

Cutting out is about the only sure remedy for the peach borer.

Old bones buried near trees or grape vines will have a good effect.

Luck in planting is the result of good common sense and judgment.

In budding, the scions should always be of the current season's growth.

Cut off and burn all branches found affected with the tent caterpillar.

Clear the raspberries and blackberries out well, treating all useless sprouts as weeds.

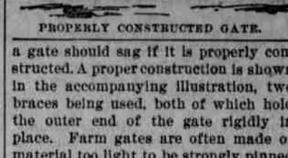
Buds should always be taken from bearing trees if possible, so as to be true to name.

Every farm should have one orchard for home purposes, proportioned to the needs of the family.

A mound of earth built up hard and sharp around the stem of young trees will help to protect them from mice.

The orchard may be made to serve two purposes, one the production of fruit and the other as a range for poultry.

A Gate that Will Not Sag.
Most farm gates begin to sag at the outer end after a little use, thus causing oftentimes much inconvenience. If the upright at the hinges can be kept rigidly in place there is no reason why



PROPERLY CONSTRUCTED GATE.

a gate should sag if it is properly constructed. A proper construction is shown in the accompanying illustration, two braces being used, both of which hold the outer end of the gate rigidly in place. Farm gates are often made of material too light to be strongly planed at the ends of the bars. This is a mistake, as secure pinning is necessary in order to give the braces a chance to do their work.

AMERICA'S FUTURE.

An English Paper Sees in Us the Dominating Power of the World.

The London Spectator takes this view of the future of the United States:

The future of the world will depend greatly upon the political character of Americans. When in 1950 they are 200,000,000, and have absorbed, as they will absorb, the swarms of immigrants whose presence now make continental doubt—except just after a great sea fight—whether Americans are Englishmen, their purposes, their ideas, their will will be to all mankind matter of the gravest moment. They will be able if much stirred to crush any single people, except perhaps the Slavs. To fit the Americans for that destiny the first necessity is that they should, before they are irresistible, have difficulties, dependencies, complicated and urgent relations with the remainder of mankind. At present everything is too easy to them, and they live too much to themselves, "comparing themselves with themselves," as the Scripture has it, till they have no idea of equals, and see their own powers as well as rights through one medium and their rivals' through another. They thought, not out of boastfulness, but pure inexperience, that they could crush Spain and liberate Cuba in a fortnight. The Spanish war will teach them much, but to be fit for their great work Americans must learn how to govern as well as how to be governed, must add to their splendid patriotism the English gift of cold and lofty tolerance; must learn how to keep subordinate governments as clean of corruption as their Supreme Court is; must, above all, learn the lesson none have yet learned except the English, how to keep dark races subject while they are being educated without incessant menaces of force. They have to create a great fleet; yet confine its action to police work; they have to enlist a great army, yet preserve their own liberties fully; they have to maintain a civil service which can administer successfully, yet remain all the time submissive, cordially submissive, to the will of the toilers who pay for all. They have, in fact, to exchange their role of prosperity for a role of greatness among mankind.

It is asserted that about 30,000 people in Berlin bear better with their left ear than with their right. The constant use of the telephone is given as the cause of this peculiar development.

A Benefactress' Kind Act.

From the Evening News, Detroit, Mich.

Mrs. John Tansey, of 130 Baker street, Detroit, Mich., is one of those women who always know just what to do in all trouble and sickness. One that is mother to those in distress. To a reporter she said:

"I am the mother of 10 children and have raised eight of them. Several years ago we had a serious time with my daughter, which began when she was about sixteen years old. She did not have any serious illness but seemed to gradually waste away. Having never had any consumption in our family, as we come of good old Irish and Scotch stock, we did not think it was that. Our doctor called the disease by an odd name which, as I afterward learned, meant lack of blood.

"It is impossible to describe the feeling John and I had as we noticed our daughter slowly passing away from us. We finally found, however, a medicine that seemed to help her, and from the

When coming to San Francisco go to Brooklyn Hotel, 208-212 Bush street, American or European plan. Room and board \$1.00 to \$1.50 per day; rooms 50 cents to \$1.00 per day; single meals 25 cents. Free coach. Chas. Montgomery.

The Austrian state railway carried 5,100,945 passengers and 2,503,641 tons of goods during the month of June.

Use Dr. Pfunder's Oregon Blood Purifier now.

Most of the Time She Was Confined to Bed. first we noticed a decided change for the better, and after three months' treatment her health was so greatly improved you would not have recognized her. She gained in flesh rapidly and soon was in perfect health. The medicine used was Dr. Williams' Pink Pills for Pale People. I have always kept these pills in the house since and have recommended them to many people. I have told many mothers about them and they have affected some wonderful cures.

"Every mother in this land should keep these pills in the house, as they are good for many ailments, particularly those arising from impoverished or diseased blood, and weakened nerve force."

Miss Jennie Flood, who has made a gift of her country place to the university of California, is worth \$7,000,000 and is the richest unmarried woman in the state.

"Why does my cake smell so queer?"
Too much soda or perhaps alum or lime. Use Schilling's Best baking powder.

"Hunter stones" were seen in the Rhine last winter. They appear only when the river is very low, and the date of their appearance is then cut into them. They are believed to forebode a year of bad crops.

A Short Fight.
The damp autumn nights and mornings stir up catarrh, and then comes a tug of pain. Use St. Jacobs Oil, and then comes a tug to cure it. It is a short fight and the cure is sure.

It is said that a striking outline of the features of George Washington has appeared in a knotty protuberance of a tree in Portland, Me. It is not a cherry tree.

In the fall cleanse your system by using Dr. Pfunder's Oregon Blood Purifier.

Try Schilling's Best tea and baking powder.

We will forfeit \$1,000 if any of our published testimonials are proven to be not genuine. THE PISO CO., Warren, Pa.

Corks for bottles were first manufactured in Spain and Italy, some time during the fourteenth century. Cork-crews were contemporaneous with corks.

SYRUP OF FIGS
NEVER IMITATED IN QUALITY!

THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the CALIFORNIA FIG SYRUP CO. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the CALIFORNIA FIG SYRUP CO. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties. The high standing of the CALIFORNIA FIG SYRUP CO. with the medical profession, and the satisfaction which the genuine Syrup of Figs has given to millions of families, makes the name of the Company a guaranty of the excellence of its remedy. It is far in advance of all other laxatives, as it acts on the kidneys, liver and bowels without irritating or weakening them, and it does not gripe nor nauseate. In order to get its beneficial effects, please remember the name of the Company—

CALIFORNIA FIG SYRUP CO.
SAN FRANCISCO, Cal.
LOUISVILLE, Ky. NEW YORK, N. Y.

Money Spent on Cubans.

In addition to the \$50,000 appropriated by congress and distributed by General Lee for the relief of the people of Cuba, the central Cuban relief committee appointed by the president distributed food, medicines and general supplies to the poor and suffering Cubans to the cash value of \$331,619. Of this amount \$175,032 was in cash contributions and \$146,587 in supplies. The total shipments of supplies was 9,942,092 kilos, or 2,236 tons, of which quantity 2,856,838 kilos were food, 66,753 kilos were clothing, 16,653 kilos medicines and 4,864 were miscellaneous supplies.

The Fields of Sport.
From the fields of sport we go to bed and get up full of pains and aches. The next night, by the use of St. Jacobs Oil, we are soothed to sleep and get up cured.

Smokers are less liable than non-smokers to contract diphtheria and other throat diseases in the ratio of one to 28. So says Professor Hajak, of Vienna, Austria.

If you want the best wind mill, pumps, tanks, plows, wagons, bells of all sizes, boilers, engines, or general machinery, see or write JOHN POOLE, foot of Morrison street, Portland, Oregon.

A Frenchman, M. Bleunard, uses the X-rays for measuring the adulteration of flour with chalk and sand.

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SAN FRANCISCO, Cal.
LOUISVILLE, Ky. NEW YORK, N. Y.

Golden Weddings.

Only one out of every thousand married couples live to celebrate their golden wedding.

Shall We Keep the Philippines?
While public opinion is divided as to the wisdom of keeping the Philippines, it is, however, all one way in regard to the wisdom of everybody keeping their health. For this purpose Hostetter's Stomach Bitters is widely used. This medicine is both preventive and cure for malarial fevers and stomach disorders.

A ton of gold is worth \$120,000. A ton of silver, at the present rate per ounce, may be said to be worth about \$6,400.

TEETH WITHOUT PLATES

Roots Crowned. Bridges Made. Painless filling and extraction.
Dr. T. H. White, 271 1/2 Morrison, Portland, Or.

Buy Direct FROM THE WOOLEN MILLS

And save middleman's profits. Men's fine tailor-made suits, \$3.95 to \$14. Full guaranteed. Catalogue, samples, self-measuring blank, etc., mailed free. Address J. LANDIGAN, McKays building, Portland, Or. Mention this paper.

YOUR LIVER Is it Wrong? Get it Right. Keep it Right!

Moore's Revealed Remedy will do it. Three doses will make you feel better. Get it from your druggist or any wholesale drug house, or from Stewart & Holmes Drug Co., Seattle.

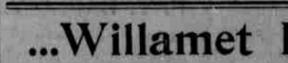
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Make money by successful speculation in Chicago. We buy and sell wheat on margins. Fortunes have been made on a small beginning by trading in futures. Write for full particulars. Best of reference given. Several years' experience on the Chicago Board of Trade, and a thorough knowledge of the business. Send for our free reference book. DOWLING, HOPKINS & Co., Chicago Board of Trade Brokers. Offices in Portland, Oregon and Seattle, Wash.

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"Best Wheels on Earth."
With 10 per cent discount for cash. 1899 Models \$22.50, \$25, \$30, with 10 per cent discount for cash. Send for catalogue. Live agents wanted every where.
PORTLAND, TACOMA, SPOKANE.



...Willamet Iron Works...

INCORPORATED 1865.
Manufacturers of Marine and Stationary Engines and Boilers, Saw Mill, Flour Mill, Mining and Dredging Machinery, Shaking, Pulleys, Hangers, Water Wheels, etc. Agents for the John T. Noye Co. Water Mill Machinery, Huntley Mfg. Co's Monitor Grain Separators and Scurers. Dealers in Excelsior Bolting Cloth, Mill and Elevator Supplies, Cotton and Leather Belting, etc.

Send your orders direct to us and get the benefit of manufacturers' prices.
... STEAMBOAT BUILDERS ...
Front and Everett Sts. PORTLAND, OR.

ENGINES AND BOILERS MACHINERY AND SUPPLIES

Cawston & Co.

Successors to H. P. Gregory & Co.
48 and 50 First St., 304 First Ave., S.
Portland, Or. Seattle, Wash.



A Beautiful Present

In order to further introduce ELASTIC STARCH (Flat Iron Brand), the manufacturers, J. C. Hubinger Bros. Co., of Keokuk, Iowa, have decided to GIVE AWAY a beautiful present with each package of starch sold. These presents are in the form of

Beautiful Pastel Pictures

They are 13x10 inches in size, and are entitled as follows:

Lilacs and Pansies.

Pansies and Marguerites.

Wild American Poppies.

Lilacs and Iris.

These rare pictures, four in number, by the renowned pastel artist, R. LeRoy, of New York, have been chosen from the very choicest subjects in his studio and are now offered for the first time to the public. The pictures are accurately reproduced in all the colors used in the originals, and are pronounced by competent critics, works of art. Pastel pictures are the correct thing for the home, nothing surpassing them in beauty, richness of color and artistic merit.

One of these pictures will be given away with each package of purchased of your grocer. It is the best laundry starch on the market, and is sold for 10 cents a package. Ask your grocer for this starch and get a beautiful picture.

ALL GROCERS KEEP ELASTIC STARCH. ACCEPT NO SUBSTITUTE



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Plunder's OREGON BLOOD PURIFIER. HEALTH RESTORER. USE IT!

BASEBALL, FOOTBALL. ATHLETIC AND GYMNASIUM SUPPLIES. Send for Catalogue. 820 Market St. San Francisco.

WILL & FINCK CO.

820 Market St. San Francisco.

CURE YOURSELF!

One Box for unassisted discharge, inflammation, irritation or obstruction of the urinary tract. Prevents catarrh, cystitis, pyelitis, and all urinary ailments. Sold by Druggists.

W. H. W. U. 30-44-799.
Mention this paper.